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Board Certified – American Board of Podiatric Surgery

Instructions For Porokeratosis

After your appointment today please start the following treatment immediately:

1. If Versone Sal paste is administered use at night as follows: Apply paste to lesion/s with a Q-tip at night only. Cover with a piece of non-stick gauze and a band-aid before going to bed. In the morning remove band-aid, gauze and any excess paste. You may need to use a gel insole (we recommend Dr. Jill's which is available in our clinic) to take the pressure off the lesion area for soreness. Before going to bed, scrape the dead skin from lesion area/s with a pumice stone or a coarse file. Apply new paste, gauze and band-aid.

If blistering or soreness develops, **discontinue paste**, soak in Tea-Tree soaking Crystals (preferred for its anti-fungal and anti-bacterial properties) or Epsom salt water for 10 minutes 2 times a day and apply Amerigel (preferred) or Neosporin ointment after soaking. ***Soak until blistering or soreness subsides and resume paste treatment as directed above.***

2. Use Forma-Ray, if prescribed, twice a week to keep feet from perspiring. Do not cover with band-aid. Avoid frequent use. Discontinue if irritation occurs.

3. Use Zeasorb AF powder in shoes and on feet daily to help keep them dry.

4. Make sure your socks are dry, that might require changing them during the day.

5. If you have been prescribed Gormel 20% Urea cream please follow the directions given by the Doctor and Assistant.

6. If you have been given a surgical boot you may need to have your other walking shoe 'built-up' temporarily to accommodate the difference in height especially if you have back problems. We recommend the use of Even-up which temporarily goes on your shoe to align both feet heights. The Even-up is available in our office. For a more permanent addition to your shoe we recommend:

- **Findlay Shoe Repair, 540 S. Main St., Findlay, OH 45840 Telephone: 419-422-7977**

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